**MISSISSIPPI COUNTY, ARKANSAS, E.O.C.**

**EARLY CHILDHOOD EDUCATION DEPARTMENT**

**SEIZURE FIRST AID MANAGEMENT**

There are many types of seizures. Most seizures end in a few minutes. These are general steps to help someone who is having any type seizure:

* Remain calm
* Clear the area of any hard or sharp objects
* Loosen any ties or anything tight around the neck
* Place something soft and flat under their head (jacket, towel)
* Turn the person onto their side. This will help maintain the airway
* Stay with the person until the seizure ends and he or she is fully awake. After it ends, help the person sit in a safe place. Once they are alert and able to communicate, tell them what happened in very simple terms.
* Comfort the person and speak calmly.
* Check to see if the person is wearing a medical bracelet or other emergency information.
* Keep yourself and other people calm.
* If possible, make note of how long seizure lasted

Never do any of the following things

* Do **not** hold the person down or try to stop his or her movements.
* Do **not** put anything in the person’s mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow his or her tongue.
* Do **not** try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.
* Do **not** offer the person water or food until he or she is fully alert.

Seizures do not usually require emergency medical attention.

**CALL 911 if one or more of these are true:**

1. The person has never had a seizure before.
2. The person has difficulty breathing or waking after the seizure.
3. The seizure lasts longer than 5 minutes.
4. The person has another seizure soon after the first one.
5. The person is hurt during the seizure.
6. The seizure happens in water.
7. The person has a health condition like diabetes, heart disease, or is pregnant. Resource: <https://www.cdc.gov/epilepsy/about/first-aid.htm>